



Suncook Senior Center

Newsletter

Your Resource for Healthy Aging



 
September

2021

**Michelle
Beaudin
Manager
485-4254**

**Located at the
Allenstown
Community Center**
8 Whitten Street
Allenstown, NH

**Serving the
communities of:**
Allenstown
Hooksett
Pembroke
But all are welcome!

Hours:
Monday-Thursday:
8am -2:00pm
Friday:
8:00am-1:00pm

- ♦ Meals on Wheels
- ♦ Educational Programs
- ♦ Wellness Activities
- ♦ Exercise Programs
- ♦ Games & Puzzles

**Merrimack County
ServiceLink: The first
number to call for sen-
ior services:**
228-6625 or
1- 866-634 -9412



Join us on Thursday September 16th at 12pm for Music with Don Smith Country Western and Lunch. Please sign up with Michelle at 485-4254.



Starting Thursday September 9th. Formal Community Dinning will be back at 12pm. Please sign up in advance by Mondays if you will be attending. There is still the take out options as well.

7 Outstanding Health Benefits of Apples
By Leslie Barrie Medically Reviewed by Kelly Kennedy, RD



It's that time of year again: apple-picking season, which begins in NH on September 1st. There are a number of good reasons why you'll want to fill up a basket. Apples come loaded with health benefits. Such as improved gut health, reduced risk of stroke, high blood pressure, diabetes, heart disease, obesity, and some cancers. According to the U.S. Department of Agriculture, a medium-sized apple is a good source of fiber: It contains 4.4 grams of fiber, covering 16 percent of the daily value (DV). Also, the same apple offers 8.4 milligrams of vitamin C, providing more than 9 percent of your DV, along with small amounts of other vitamins and minerals. You can add them to salads or to a grilled cheese, making baked apples for a healthy dessert, or cooking up some pulled chicken with apples in the slow cooker for an easy lunch or dinner. "Here's why the phrase "an apple a day helps keep the doctor away" may have some truth to it. 1. Apples May Lower High Cholesterol and Blood Pressure 2. Eating Foods With Fiber, Including Apples, Can Aid Digestion 3. Apples Can Support a Healthy Immune System 4. Apples Are a Diabetes-Friendly Fruit 5. The Antioxidants in Apples May Play a Role in Cancer Prevention 6. Eating Apples Can Support Healthy Weight Loss 7. Apples May Help Prevent Alzheimer's Disease

**Congregant Dining
Every Thursday at 12pm**

Please reserve your meal by Monday
for the following week
(5 working days in advance)
Sign up at the center or call 485-4254

TAKEOUT OPTION!!!!

We are still offering meal options at
the center in takeout form 2 days a
week; **Monday and Thursday!**

You can receive 5 frozen meals or
more. A \$10 donation is suggested
for each pick up.

For more information or to sign up
please call

Michelle at 485-4254

Activities Currently At Suncook Senior Center

MONDAY

9:00– 10:00am: Bone Builders— Great program,
taught by seniors, which helps to build bone strength.
Donations accepted. For more information call Nancy
485-9181

10:30am-12:15PM : Bingo— Join our fun and
lively group of bingo players!

TUESDAY

10:00-12:00PM: Cribbage Club — Join the fun!

1pm-2pm Gentle Chair Yoga w/Georgette Strength-
ens
bones, increases flexibility and breathing capacity.
Helps with high blood pressure, carpal tunnel syndrome,
arthritis and chronic pain. \$5/class. If interested Please
call Michelle at 485-4254

WEDNESDAY

9:00am – 10:00am: Bone Builders —see
description under Monday.

11am-12pm: Tops Group. For more information on
joining please call Dorin at 1-508-269-7872

THURSDAY

9am– 10am Coffee hour
10:30am– 12:15pm: Bingo!

12:30pm-2:30pm Klunk! Please come and join the
fun!

**8:30am-2:00pm CRVNA Senior Health Clinic Second
Thursday of the month.** Call 224-4093 ext 5815 for
appointment.

From your...

COMMUNITY & CAPBMCI RESOURCE CENTER

New Hampshire Electric Assistance Program – You may be eligible for a discount of 9%-77% on your electric bill. Call **485-7824**.

New Hampshire Legal Advice – This program is available to NH residents over the age of 60, free of charge. Please call **624-6000**.

Service Link – This is your connection to information and support services for seniors. Please call **228-6625**.

Commodity Supplemental Food – Are you looking for healthy foods? CSFP provides free nutritious foods such as cereal, cheese, fruits, vegetables, pasta and juice for low-income seniors aged 60 and older. In the summer you will receive fresh fruits and vegetables! Call **225-2050** for more info.

Meals-on-Wheels delivers a mid-day meal to homebound seniors and individuals with disabilities Monday thru Friday. For more information call us at **485-4254**

CAPBMCI Volunteer Driver Program – If you are aged 60 years and above, or living with a disability, you qualify for rides through the Volunteer Driver Program! Rides are available Monday thru Friday 5:00am to 6:00pm. To request a ride, call **225-1989** or email dispatch@bm-cap.org.

Help with your Heating and Electric Costs!

You may be eligible for help with your energy bills. The Fuel Assistance Program will help pay your winter heating bills and the Electric Assistance Program can provide a discount on your electric bill if eligible. Please call the Area Center nearest you for more information or to make an appointment to apply. Home visits and mail-in applications are available for those unable to come in to a center.

Concord Area Center – 225-6880

Area Center – 934-3444

ter – 456-2207

485-7824

Laconia Area Center – 524-5512

dith Area Center – 279-4096

Franklin

Warner Area Cen-

Suncook Area Center –

Mere-

Commodity supplemental food program If you need to supplement your monthly food budget this could help! Please call 1-800-578-2050 or 225-2050 to see if you qualify.

LABOR DAY

Just a reminder that we will be closed on Monday September 6th, in observance of the Labor Day Holiday. We will reopen Tuesday, September 7th.



Falls are Preventable

Each year, one in every three adults ages 65 and older falls. Many falls can be prevented. Granite VNA recommends exercise to improve strength and balance, reviewing your medications with your doctor or pharmacist to reduce your chance of dizziness or drowsiness, regular vision checkups, and eliminating potential fall hazards at home such as electrical cords, clutter, and poor lightning. For a home safety and falls risk

Elder Services
Community Action Program, Belknap Merrimack Counties, Inc.

Suzanne Demers, Director, Peggy Maylone, Operations Manager

**Consider donating a tax deductible contribution to the Meals on Wheels Program
in tribute to someone special, or to celebrate a special occasion.**

Name: _____

Address: _____

Phone # (if we have questions) _____

In Memory/Honor of _____

(circle one above)

Send Acknowledgement to _____

Address: _____

Please make checks payable to CAPBMCI—MOW and send to Community Action Program, Belknap-Merrimack Counties, Inc, P.O. Box 1016, Concord, NH 03302. *Thank you for your support.*